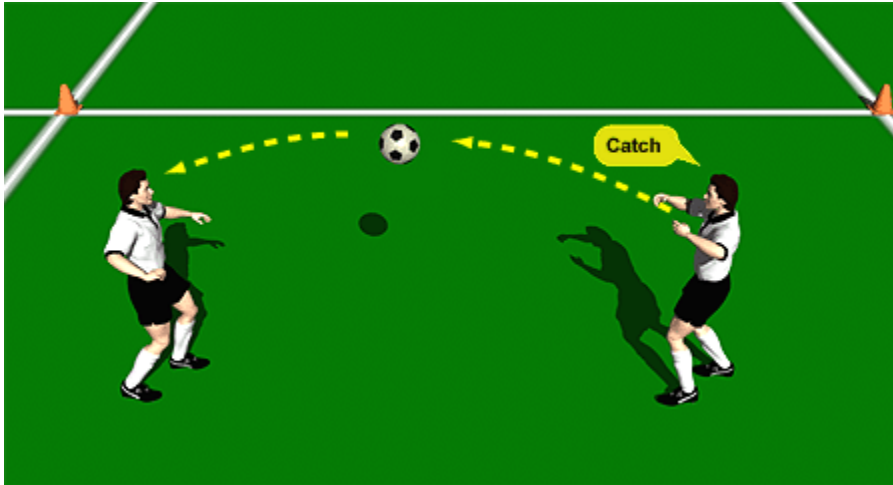


Reaction and Quickness Drill 5



Coaching Points:

This is a great exercise to improve reaction and quickness. It starts the practice with an enjoyable tempo and forces the players to make quick decisions.

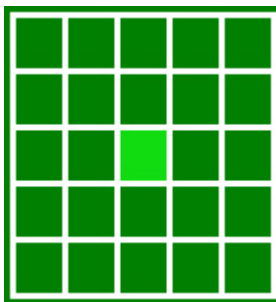
Divide your group into pairs. Each pair has one ball. One player serves a straight throw to their partner. As the player serves the ball he shouts one of two commands "HEAD" or "CATCH".

- If the server shouts, "HEAD" - the player must do the opposite and catch the ball.
- If the server shouts, "CATCH" - the player must do the opposite and head the ball.

The player receives a goal for every successfully performed header or catch. If the player heads the ball it must be headed back to their partners hands, then returned by their partner for them to serve. If they catch the ball they must then serve it back to their partner for them to either head or catch.

A competition can also be played. First player to 5 goals wins. Swap partners for a new competition.

Ensure partners alternate serving.



Organizational Set Up

Entire Team
2 players per grid 10 x 10 yards or 9 x 9 metres.
2 players using 1 ball.
Supply of Cones